



Learn to Remember: Practical Techniques and Exercises to Improve your Memory

Dominic O'Brien

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Can't remember the name of that enchanting person you met...yesterday? Struggling to recall where you were supposed to meet your friend for dinner? Help is here. The latest title in our best-selling self-help series, *Learn to Remember* is a beautifully illustrated and expertly written guide to enhancing and improving the memory. By targeting key brain functions, *Learn to Remember* leads readers through the memory maze. It begins with a detailed, easy-to-understand explanation of how memory works, covering long-term, short-term, and suppressed memory, as well as storage, retention, and recollection. By following various tried-and-tested methods and the step-by-step exercises, readers can train their memories to be more effective expanding range and improving accuracy and efficiency. Filled with expert advice and 150 colorful illustrations, *Learn to Remember* offers a unique approach to an age-old problem. Write this one down!

Learn to Remember: Practical Techniques and Exercises to Improve your Memory Details

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From Reader Review Learn to Remember: Practical Techniques and Exercises to Improve your Memory for online ebook

Rachel says

Hoping to reread and highlight some interesting memory techniques which I can try assimilate into my normal lifestyle. Well needed science-dose on the only part of my body that I exercise - my mind.

A great point that O'Brien made:

"Very few schools actually teach students how to learn."

Brian Pinson says

I thought the book was very interesting. It seems equally balanced between historical fact, science, and practical tools. Some of his ideas are a little far out for me but I will definitely refer back to a good handful of his tools. Very nice commissioned art throughout. This book was given to me by my wife.

Nate says

This book could be summed up in a magazine article, but since they opted for a much lengthier approach were forced to load it with filler. All the tricks were used: generous page margins, comfortable line spacing, clip art, big font, more clip art.

Rent this from the library and skip straight to the chapter on the DOMINIC method. It's actually a pretty witty and insightful way to memorize things.

Basically it boils down to assigning numbers, 0-99, a set of images in your brain and to then think of little pictures and stories to recall a long series of data. His tips are very original and he covers a few different scenarios on how you can translate varying scenarios in your mind to help improve your accuracy. Definitely interesting, but certainly not enough information for an entire book.

If this was a magazine article it would be 4 stars, really good, but as a book it's just okay.

Bernie says

A decent read on memory techniques. I am re-reading it again this year and attempting to implement some of the basic techniques.

Lynn says

Use Your Perfect Memory is a much better book.

Georgi Yanakiev says

The book is quite easy to read and comprehend. Of course It has to be read repeatedly and mainly practiced because of the exercises that are at the end of the book in order to improve and boost your memory.

Ben says

Lovely illustrations

Brock says

35 pages of information stretched out to 150 pages of mostly fluff. Very little research or useable advice. Disappointing.
